

Daily Delight

THURSDAY • MAY 7 • 2026

National Barrier Awareness Day

May 7th is National Barrier Awareness Day, a day dedicated to finding ways to break down obstacles and dissolve stigmas that keep people with disabilities from advancing, especially in education. It's an opportunity to tear down walls and build ramps that provide access, and eliminate ineffective or outdated policies preventing those with disabilities from accessing their full potential.

Approximately 36 million Americans suffer from some form of handicap, and around eighty percent of Americans will experience some disability in their lifetime. That makes it necessary for people to understand and appreciate both the barriers that those who are disabled must surmount and the tremendous contributions that they can make to our society.



Today in History



In 1847, the American Medical Association was established in Philadelphia. Dr. Nathan S. Davis called for a national medical convention that led to the establishment. The AMA has played a crucial role in the development of medicine in the U.S.

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DID YOU KNOW? Equally Yoked

Farmers used a 'Yoke' to join their animals together. This simple wooden beam, placed across the necks of oxen or horses, allowed them to pull heavy loads as a team. The yoke made farming more efficient, as two animals could plow fields or haul goods faster than one. This ancient tool was so important that it's even mentioned in the Bible and other historical texts. So, Yoke is a nod to our agricultural past.

TRIVIA

Which of these countries declared sign language as a national language?

A Croatia

B Albania

C France

D Mexico

TODAY'S FUNNY

I wanted to take pictures of the fog this morning, but I mist my chance.

I guess I could dew it tomorrow.

TODAY'S WISDOM

"You can't use up creativity. The more you use, the more you have."

– Maya Angelou

WORD SEARCH

Cats Meow



Whiskers

Kitten

Sphynx

Paws

Tabby

Meow

Siamese

Tail

Ragdoll

Maine Coon

Bengal

Munchkin

SUDOKU

How To Play:

Each 9x9 box is comprised of 9 smaller 3x3 boxes. Each of these smaller boxes must be filled in with numbers from 1-9. Each row and column of the larger 9x9 box should not have any numbers repeated.

	5	4	1		6		8	
	2	7	4	8		6		3
		8					5	
	3					8	7	
4					9	2		5
			8	4	2		9	1
	6			5	4	1		8
8				1		9		
1			7	2		5	4	

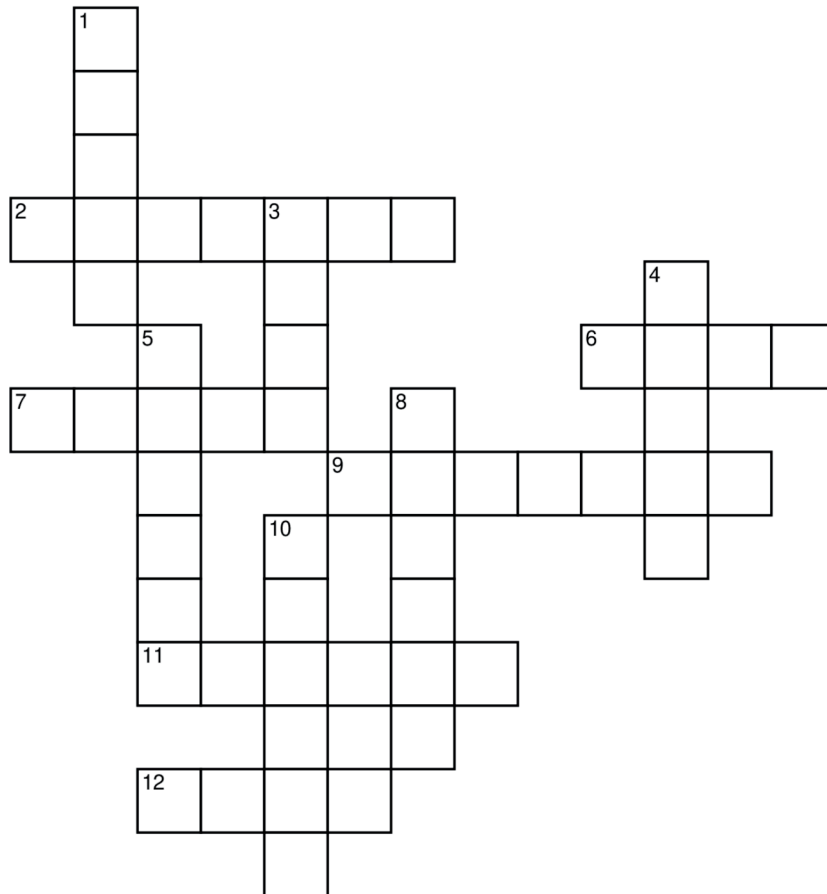
	7						3	
9	2	4		3	6			1
				2			9	
8		7	6	9				
		9		4	2			
		2		7	3			5
		6		8				2
	5					3	8	
	4		2		9		7	

Helpful Tip:

If you get stuck, try asking yourself "Where can I place number X in this row or column?" Scan to see if the number is already in that row, column, or box.

MINI CROSSWORD

Backyard



Across

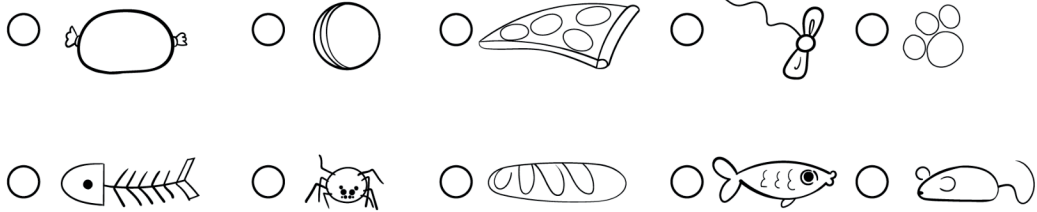
- [2] S'more location
- [6] Playing cards
- [7] Deck cooker
- [9] Roped mattress
- [11] Some are deciduous
- [12] Storage unit

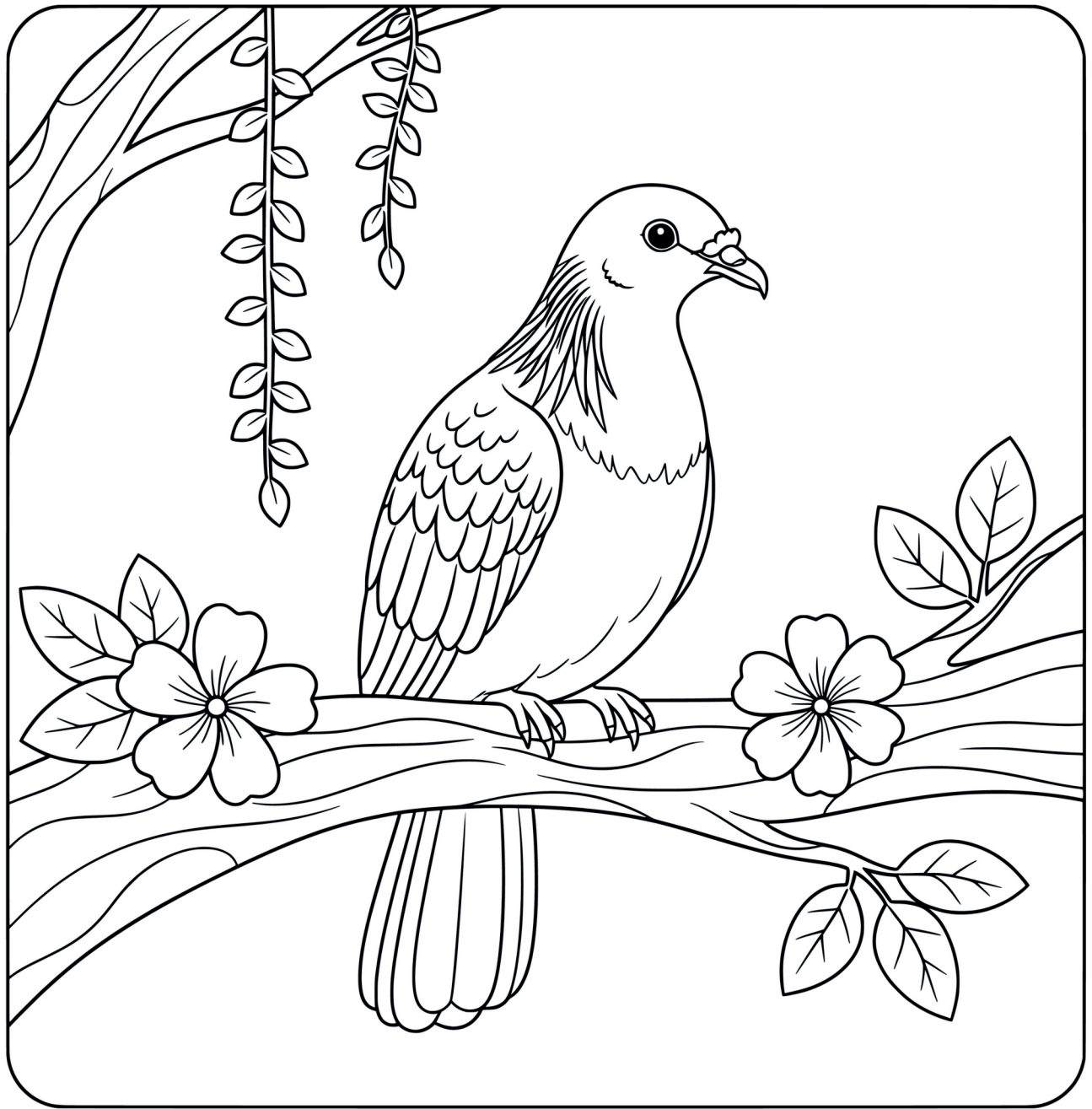
Down

- [1] In NY some are on the roof
- [3] Cement pond
- [4] Chain or privacy
- [5] Candescent optics
- [8] Bandstand or pavilion
- [10] Herb e.g.

SEEK AND FIND

Find the hidden objects in the picture.





SOLUTIONS

Trivia Answer: D.

Mexican Sign Language (lengua de señas mexicana, or LSM) was declared a "national language" in 2003, and it began to be used in public deaf education.

3	5	4	1	9	6	7	8	2
9	2	7	4	8	5	6	1	3
6	1	8	2	3	7	4	5	9
2	3	9	5	6	1	8	7	4
4	8	1	3	7	9	2	6	5
5	7	6	8	4	2	3	9	1
7	6	2	9	5	4	1	3	8
8	4	5	6	1	3	9	2	7
1	9	3	7	2	8	5	4	6

R N L H E O T D C L V M V R D M A N
 F K Z B D Z G R X E K F H V A Z G O
 Q E K T P I R C Q V Y W R H I P K M
 A X W I O O Z L H K J K S X H D M J
 H O A I E T G T W X S I F U E P M D
 M C F H L V K Y J H R H I Q Z Z J V
 S O I Q Q D M A U G D P K J R G E L
 Q A I X C T E B C W G V J B H M X Z
 O G L B M P K Z J A G Z G Q W P O E
 L M D I G I G W N B O R W E L L D L
 H E M I N G W A Y B A A U N S P P I
 X Q P D I G R I O Z U X L W Z M A O
 N Q E Z K T E V O N N E G U T G I T
 A N S S B N W R H N B L L H I Z O L
 M H D K Y W E A B E O C D J K P S J
 V A M A T D N D I C K E N S J D T G
 D R T N L H T N H N I C A G F P T A
 I F Y Y B K X S T Q P N R C A Z Q T

6	7	5	9	1	8	2	3	4
9	2	4	7	3	6	8	5	1
1	8	3	5	2	4	6	9	7
8	1	7	6	9	5	4	2	3
5	3	9	1	4	2	7	6	8
4	6	2	8	7	3	9	1	5
7	9	6	3	8	1	5	4	2
2	5	1	4	6	7	3	8	9
3	4	8	2	5	9	1	7	6

